



Oven-Roasted Fillet of Beef



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



798 kcal

Ingredients

- ☐ 4 pound beef
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 0.3 cup dijon mustard
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon vegetable oil

Equipment

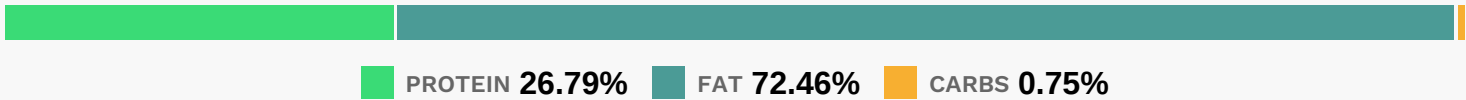
- ☐ frying pan
- ☐ oven

☐ kitchen thermometer

Directions

- ☐ Remove the fillet from the refrigerator 30 minutes before roasting to bring it to room temperature. Preheat oven to 500 F and position a rack in the center.
- ☐ Spread the mustard evenly on all sides of the fillet.
- ☐ Sprinkle with the salt, pepper, and thyme.
- ☐ Heat the oil in a 12-inch ovenproof skillet over high heat; the oil should shimmer but not smoke. Brown the fillet on all sides, 2 to 3 minutes per side.
- ☐ Place the fillet in oven and reduce temperature to 425 F. Roast about 25 minutes for rare or until a meat thermometer reads 130 F when inserted into the center. (Check the temperature once after about 20 minutes to gauge how far along the fillet is.)
- ☐ Remove the fillet from oven and allow it to rest 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.21, Inflammation Score:-8, Nutrition Score:26.506087463835%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg

Nutrients (% of daily need)

Calories: 798.14kcal (39.91%), Fat: 63.15g (97.15%), Saturated Fat: 23.59g (147.46%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.15g (0.17%), Cholesterol: 214.7mg (71.57%), Sodium: 704.61mg (30.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.53g (105.06%), Vitamin B12: 6.47µg (107.85%), Zinc: 12.74mg (84.94%), Selenium: 48.94µg (69.91%), Vitamin B3: 12.87mg (64.37%), Vitamin B6: 0.99mg (49.54%), Phosphorus: 491.81mg (49.18%), Iron: 6.34mg (35.2%), Vitamin B2: 0.46mg (27.16%), Potassium: 852.5mg (24.36%), Vitamin B5: 1.57mg (15.68%), Magnesium: 59.97mg (14.99%), Manganese: 0.22mg (11.1%), Vitamin K: 11.4µg (10.86%), Copper: 0.21mg (10.61%), Vitamin B1: 0.15mg (10.09%), Vitamin E: 1.47mg (9.81%), Calcium: 70.36mg (7.04%), Folate: 22.59µg (5.65%), Fiber: 0.86g (3.45%), Vitamin C: 1.91mg (2.31%), Vitamin D: 0.3µg (2.02%), Vitamin A: 68.26IU (1.37%)